

Preventative Health Hostel Concept

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Objective

- The primary objective of the Health Hostel Concept would be to increase consumer accessibility to routine preventative diagnostic testing, health education and wellness programs as part of a health maintenance program in a managed care environment. These services would be provided at one site on a scheduled or walk-in basis.
- The secondary objective would be to establish an on site computer network of diagnosis related information and referral to be available upon consumer demand or by physician referral. This would include nation-wide library searches, on-line information and diagnosis' support groups available.
- The third objective would be the development of an on site coordinated ancillary support services network that could work collectively in a holistic approach to optimal health maintenance in the healthy individual as well as optimal health achievement in the individual with disease diagnosis.
- The fourth objective would be to establish a data bank of information to be utilized to send appropriate health care reminder information preferably via automated phone messages.

Customer Requirements

- The health care consumer in today's health care environment has an increased need for quickly and easily accessible preventative health screening , routine preventative health testing, and information sharing. These services are currently difficult to ascertain on a timely basis in many situations due to physician office maximized scheduling. The consumer needs the availability of screening and/or maintenance testing available on a walk in basis as well as by scheduled app't in order to conform to the pace of today's hectic sometimes chaotic lifestyle.
- In the current health care environment, once the illness diagnosis is made information regarding the diagnosis, the disease process itself and support ancillary coordination is limited due to time constraints of the health care providers.
- Today's consumer could avail themselves to state-of-the art individually tailored health optimizing educational, nutritional, exercise, conditioning, and wellness programs based upon individual health history with motivational monitoring provided by health care professionals in a spa-like environment.
- The package could be marketed to area business' and employee's would be provided a period of time to visit the health hostel on a yearly basis. This service could be offered to the public at a lower cost than a physician's office because it would be utilizing non-medical professionals largely. This would represent insurance cost premium savings.

Meeting the Needs

- By providing support routine testing, up-to-date literature and support group linkages as well as a coordinated ancillary services package available to the health care consumer we would be providing increased access to health care and information while recognizing cost containment measures.
- The health care delivery system would be divided into a bifurcated approach, one of health and one of illness.
- Medical physicians would then be able to fully direct their focus on illness-it's diagnosis', treatment protocols , therapeutic intervention and surgical procedures and dedicate more time per patient. In addition, the physicians would be given referrals for those individuals with identified health needs that might otherwise not have been identified if such services were not available, therefore identifying the problem before the individual is rendered ill, making the treatment and prognosis outcomes improved.
- The health hostel concept would be unique in the fact that all services would be provided on-site in a coordinated approach.

Cost Analysis

- Potential insurance premium cost savings due to a more appropriate health care delivery system which would serve to better meet the public demand at a lower cost.
- Currently all health care is governed by the medical profession and is dealt with from an illness conceptual model. This concept would be a pro-active approach applying the principles of managed care, cost containment and appropriate allocation of professional resources.

Key Benefits

- Women's health
- Breast health/Mammograms
- Nutritional counseling both general and diet specific
- Individualized exercise programs, toning, athlete exercise regimens, as well as PT injury rehabilitation.
- Pharmacy medication coordination, inf.-sheets, cross-referencing of medications. Could provide an on-site pharmacy service.
- Educational counseling for the consumer with a specific disease diagnosis.
- Computerized information searches of the nation's top medical libraries. Development of a Mercy home-page.
- Continual wellness program availability.
- Health history/risk behavior identification/behavior modification suggestions on intake.
- Generalized screening labwork tests, such as chem.-26, lipid profiles, urinalysis, chest x-rays, baseline EKG's, stress tests, pulmonary function tests. Many of the tests required by insurance physicals. Written notification of results and physician referral for interpretation of abnormal results.
- Immunization availability/TB testing
- Would work in concert with existing health delivery structures in place

What is still needed.

- Development of a process team
- Cost analysis
- location determination
- fee schedules
- grant application availability
- introduction of concept to local health professionals.